## WHAT IS CLAIMED IS:

1. A method of remediating selected media contaminated with halogenated hydrocarbons comprising:

contacting iron powder containing about 0.03 to about 2% by mass of sulfur, based on the mass of the iron powder, with the halogenated hydrocarbons contained in the media; and

causing dehalogenation of halogenated hydrocarbons.

- 2. The method according to Claim 1, wherein the iron powder contains about 0.1% by mass or less of manganese, based on the mass of the iron powder.
- 3. The method according to Claim 1, wherein precipitates of sulfur are formed on at least portions of the surfaces of the iron powder.
- 4. The method according to Claim 3, wherein precipitates of sulfur are Fe-S based compounds.
- 5. The method according to Claim 1, wherein said media is selected from the group consisting of soil, water and gases.
- 6. The method according to Claim 1, wherein about 0.1 to about 10% by mass of the iron powder is contacted with the media containing the halogenated hydrocarbons, based on the mass of the

media.

- 7. The method according to Claim 1, wherein the halogenated hydrocarbons are elected from the group consisting of trichloroethylene, tetrachloroethylene, 1,1,1-trichloroethane, 1,1,2-trichloroethane, 1,1-dichloroethylene, cis-1,2-dichloroethylene, trans-1,2-dichloroethylene, 1,1-dichloroethylene, trans-1,2-dichloroethylene, 1,1-dichloroethane, dichloromethane, carbon tetrachloride, methyl chloride, chloroform, methyl chloroform, 1,1,2,2-tetrachloroethane, 1,2-dichloropropane, 1,3-dichloropropane methyl bromide, 2-bromopropane, 1,3-dibromopropane, 1,4-dibromopropane, allyl bromide, PCB and dioxin.
- 8. The method according to Claim 1, wherein contacting the iron powder with the media is achieved by spraying on, mixing with or injecting into the media.
- 9. The method according to Claim 1, wherein surfaces of the iron powder are wet with at least one or more layers of water molecule layers.
- 10. An iron powder capable of dehalogeneting halogenated hydrocarbons contained within a selected media, the iron powder containing about 0.03 to about 2% by mass of sulfur, based on the mass of the iron powder.

- 11. The iron powder according to Claim 10, further containing about 0.1% by mass or less of manganese, based on the mass of the iron powder.
- 12. The iron powder according to Claim 10, wherein precipitates of sulfur are formed on at least portions of the surfaces of the iron powder.